"The South 40"

by JAMES A. SMITH
EXTENSION AGENT

Looking around for something to take the place of a daily, dreary vitamin pill, I discovered a liquid product that has all the known indispensables for good health, plus a few extras.

After making sure it had the regular A, B, C, D, and E vitamins, I checked out the other fairly well known ones: riboflavin, niacin, pyridoxine, pantothenic acid and folic acid (all in the so-called vitamin B complex). It had them all.

Then, I turned to the minerals, I found this drink had every single mineral known to be necessary to the human body. These include phosphorus, potassium, magnesium, chloride, calcium, sodium and iron.

I found that we need 19 minerals. This drink had them all and 10 more besides.

Then it struck me. The pill peddlers have been pushing a protein pill lately. Could it be . . . . ? I found 10 different proteins (amino acids) we need for good health. This drink had them all plus another eight.

Just to be sure, I called a doctor and asked him his opinion of the product. He told me, "It favors growth and development in youth, confers health and vigor throughout life and postpones old age."

I tried a dietitian and he praised it. I got similar answers from a dentist, nurse, beauty expert and a food editor.

This stuff must cost plenty, I thought. Would you believe it? The price in this area is about $1.20 cents a gallon. They call it milk.

Have you tried it recently? It goes with most everything. Wouldn't this be a good New Year's resolution, "Milk for everyone, everyday."

* * *

Developing good relationships with employees is important if the most effective work is obtained.

Here's what one industrial relations group says are important points for the employer to remember:

.... Workers don't like bossiness.

.... They want and need freedom on the job.

.... They want job security and opportunity for advancement.

.... They want fair treatment, with promotions and pay increases when they are earned.

.... They want to be able to speak their minds.

.... They want to be able to make a mistake now and then without being crucified for it.

.... They want friendly treatment by fellow employees and by their bosses.

.... They want to be kept informed on company matters.

* * *

PRECIPITATION:

Last week 15
This month 1.73
This year 34.74

Flag Given To Ruritans

Camp 71, Woodmen of the World, has presented a U.S. flag to the Evergreen Buritan Club. Ruritan president Jimmy Hancock accepted the gift from Watchman U. O. Rothgeb during a recent meeting.

HAPPY NEW YEAR
TO ONE AND ALL

- WHEEL ALIGNMENT
- WHEEL BALANCING

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Appomattox, Va.

CHESTNUT GROVE

Sunday dinner guests of Mr. and Mrs. Roger Morris were Rev. Robert E. Johnson of Richmond, Mr. and Mrs. Don Morris and Todd, Mr. and Mrs. C. H. Morris and S. E. Morris, all of Appomattox.

Mr. and Mrs. Robert Metcalfe and family, Mrs. W. T. Cook and Wayne were Sunday dinner guests of Mr. and Mrs. W. L. Carter of Burkeville.

Sunday supper guests of Mr. and Mrs. Edward Senger were Mr. and Mrs. R. W. Senger and girls of Cumberland.

Mr. and Mrs. K. M. Beasley, Jr., and Katherine Ellen were Christmas supper guests of Mrs Katherine Carson of Spout Spring.

Mr. and Mrs. R. L. Harris spent Christmas Day with Mr. and Mrs. Flood Harris at Burkeville.

Sunday visitors of Mr. and Mrs. Bill Senger were Mr. and Mrs. Clarence Hicks of Richmond.

Christmas dinner guests of Mr. and Mrs. Kemper Beasley were Mr. and Mrs. K. M. Beasley, Jr. and Katherine Ellen of Dillwyn, Johnie Beasley of Holly Manor.

Mr. and Mrs. Ralph Repass were visitors in Abingdon Sunday.

Christmas visitors of Mrs. T. N. Saul were Mr. and Mrs. R. C. Moore, Jr. and Margaret of Fairfax, Billy Saul of Alexandria.

Rev. David L. Bailey of Gladys visited Mrs Ray Repass Monday.

Mr. and Mrs. K. M. Beasley Jr. and Katherine Ellen visited Mr. and Mrs. F. J. Nagri of Lynchburg Saturday.

Mr. and Mrs. Vaughn Manis and Gale of Ashville, N. C. were Friday dinner guests of Mr. and Mrs. Joe Harris.

Mr. and Mrs. Robert Metcalfe and family of Va Beach are spending the holidays with their parents, Mr. and Mrs. W. T. Cook, Mr. and Mrs. W. L. Carter, Janice and Mike of Burkeville, Mr. and Mrs. Edward T. Cook, Kenneth and Randy of Prospect, Charles Wayne Cook of Lynchburg for Christmas Day.

Christmas supper guests of Mr. and Mrs. Edward Senger were Mr. and Mrs. Clyde Senger and family, Mr. and Mrs. Preston Senger and family, all of Crewe.

Mr. and Mrs. Roger Morris and family were Christmas dinner guests of her parents, Mr. and Mrs. Rice Seay at Appomattox.

Mrs. Willie Jennings of Bethelhem is spending a few days with Mr. and Mrs. R. L. Harris.

Sunday dinner guests in the same home Sunday were Flood Harris of Burkeville, Mr. and Mrs. Pete Harris, Mr. and Mrs. Joe Harris and family.

Friday overnight guests of Mr and Mrs. Bill Senger were Mr. and Mrs. Preston Senger and family of Crewe.

Mr. and Mrs Kemper Beasley visited Mrs. Fannie Hopkins in Southside Hospital Saturday.

Mr. and Mrs. Don Morris and Todd, Mr. and Mrs. C. H. Morris visited Mr. and Mrs. Bob Mann of Dillwyn Sunday.

Mr. and Mrs. Frank Shepard of Washington, D. C. were Christmas visitors in the home of Mr. and Mrs. C. H. Morris. Mr. and Mrs. Paul Bown of Falmouth, Kentucky were Saturday visitors in the same home.

Visitors during the holidays in the home of Mr. and Mrs. Kemper Beasley were Mr. and Mrs. Earl Beasley and Donald Webb of Appomattox, Mr. and Mrs. C. A. Simpson of Prospect, Jane Branch of Buckingham and Mr and Mrs. Don Morris and Todd of Appomattox.

Mrs. Lewis Morgan of Andersonville, Mr. and Mrs. Dave Morgan and family of Charlotte, N. C. visited Mr. and Mrs. Don Morris Monday.

Mr. and Mrs. Raymond Barr were Friday dinner guests of Mr and Mrs. Ray Duty of Andersonville.

Mr. and Mrs. Kemper Beasley, Mrs. Ruth Beasley accompanied by Mr. and Mrs. Odell Kirby of Farmville were Saturday supper guests in the home of Mr. and Mrs. Lathan Falls of Farmville.

Christmas visitors in the home of Mr. and Mrs. C. W. Morris were Mr. and Mrs. Paul Bowen of Falmouth, Ky., Mr. and Mrs. Billy Morris of Richmond, Mr. and Mrs. Sonny O'Brien of Spout Spring and Mrs. Bettie P. O'Brien of Lynchburg.

Pamela Morris was Sunday overnight guest of Martha Harris of Sheppards.

Mr. and Mrs. Kermit Cook and family of Richmond visited Mrs Lucy Glover during Christmas

Mrs. Bettie P. O'Brien of Lynchburg is spending a few days in the home of Mr. and Mrs. A. N. Morris. Sunday visitors in this same home were Fred Shelton and son, Ted of Norfolk and Mrs. Stevens of N.C.

Mr. and Mrs. John Meek and family of Va. Beach were Christmas visitors of Mr. and Mrs. Charlie Forbes.

Mr. and Mrs. George Dunkum of Richmond visited Mrs. Ruth Beasley Sunday.

Christmas Day dinner guests of Mrs. Ruth Beasley were Mr. and Mrs. Odell Kirby of Farmville, Mr. and Mrs. [illegible] and Mrs. [illegible] Glenda and Mr. [illegible] Baldwin and [illegible] Mr. and Mrs. [illegible] wall of Mechanicsville in the afternoon.

1971 Wheat Program Very Different From 1970 Program

"Wheat producers who choose to take part in the 1971 Voluntary Wheat Program will have considerably more freedom in planning their farm operations than they've had in the past," reports J. P. Alvis, Jr., Chairman of the Appomattox County Agricultural Stabilization and Conservation (ASC) Committee.

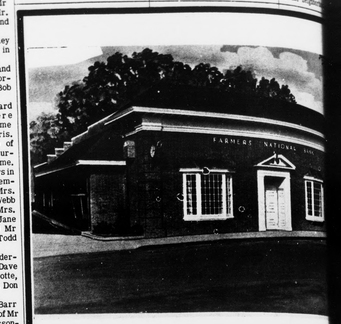
Under the 1971 Wheat Program, which was authorized by the Agricultural Act of 1970, wheat growers will receive allotments based on a national domestic wheat allotment of 19.7 million acres, the Chairman said. However, 1971 farm wheat allotments will be used only to determine acres to be set aside on each farm and the amount of payment a producer may receive under the wheat program. Unlike previous years, the allotments will not determine the amount of wheat to be grown on a farm.

In fact, he said, wheat producers are no longer required to plant wheat in order to qualify for program benefits. "The wheat allotment does not restrict a producer to a set number of acres of wheat, nor does it indicate to him what crop or crops he must or should plant," the ASC Chairman commented.

The general outline of the new wheat program has already been announced, and full information on all provisions are expected before March 1, when program signup begins.

"Every effort will be made to see that all farmers are fully informed about the new farm program. Newsletters and other material will be mailed to producers; and additional press releases will be issued," he said.

Price - support loans will be available to program participants at $1.25 per bushel, national average.



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OUR NEW YEAR'S RESOLUTION:
TO OPERATE OUR LIVES AND OUR BUSINESS AS CLOSE AS POSSIBLE TO *THE GOLDEN RULE*.

R. Lawson Randolph C. Smith Clayton Tipplorn Jessie Hollingsworth Lynn Paulette James P. Paulette Richard Price W.C. Lew Parker Paulette

WE WISH EVERYONE A HEALTHY, HAPPY and PROSPEROUS NEW YEAR -

Church Services

ADVENTIST CHURCH

Rufus B. McDannel, Pastor
Sabbath - 9:45 a.m.
Worship Service - 11 a.m.
Sabbath School Lesson No. 13 for Dec. 26, 1970.
Subject: Source of Healing Power.
Key Text: Scripture – "If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in His sight, and wilt give ear to His commandments and keep all His statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that heleth thee." Ex. 15:26.
The Saviour would have us encourage the sick, the hopeless, the afflicted to take hold upon His strength. Through faith and prayers the sick room may be transformed into a Bethal. "And God hears prayer, Christ has said, If ye shall ask anything in My name, I will do it." Ibid, p. 226.
Lesson Outline – 1. Christ, the Healer, Ex. 15:26, 2. Christ the Healing Christ, Mal. 3:6, 3. Healing and Restoration Today, Jas. 5:14-15, 4. Use Available Remedies, Isa. 38:21, 5. Obedience to Natural Law, Jer. 7:23, 6. False Healers Today, Matt. 24:24. "Jesus Christ is the same today that He was yesterday, and He will be so forever." Heb. 13:8. "For I am the Lord; I change not." Mal. 3:6. This means that He still hears the prayers of the sick and discouraged ones. And that He still heals! God is just as willing to restore the sick to health now as when the Holy Spirit spoke these words to the psalmist. Read Ps. 103:13-14; 107:17-20.
"Christ in His life on earth made no plans for Himself. He accepted God's plans for Him and day by day the Father unfolded His plans. So should we depend upon God, that our lives may be the simple outworking of His will. As we commit our ways to Him, He will direct our steps. . . . God never leads His children otherwise than they would choose to be lead if they could see the end from the beginning and discern the glory of the purpose which they are fulfilling as co – workers with Him." Ibid, p. 479.

FIRST BAPTIST

Regular preaching services were held at the First Baptist Church Sunday at 11:00 a.m. Rev. Howard Flood preached and the Mt. Lyle Choir sang. All present enjoyed the message.

We were happy to have our visitors to worship with us Sunday. Mrs. Bernice Dillard Bordgen and family visited her mother and family over the Holiday. Mrs. T. W. Hamlet and Mrs. Holmes visited in Roanoke over the Holiday.

At the close of the morning worship Mrs. Ella Mae Preston presented gifts to Mrs. H.P. James and Mrs. J. A. Hamlet for their loyal support during the year.

Ladies Aide will meet in January with Mrs. Ann Patterson. All members please try to be present.

We the members of the First Baptist Church wish each and everyone a Happy New Year.

Door Winner!

Colonial style door with traditional green wreath and ribbon won a blue ribbon for Mr. and Mrs. Fred Smith at their home on Virginia Avenue. The Smiths were one of 25 winners in the annual lighting contest by the Appomattox Garden Club.

JORDAN BAPTIST

The old year dies and we face the new year as though it were an entity, new as a newborn babe. Hal Borland

Rev. Elliott preached a very inspiring sermon Sunday morning. His sermon had a message for all who attended.

On next Sunday night (Jan. 3) at 7 p.m. a special program will be held. We invite each and every one to attend this program.

We, the people of the Jordan Community, extend to everyone our best wishes for a Happy New Year.

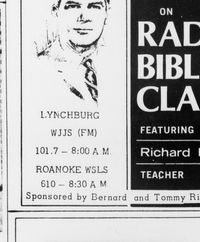
BE SURE TO PET THERE — DRIVE SAFELY

REV. EARNIE W. LUCAS
PASTOR

Sunday School	10:00 A.M.
Morning Worship	11:00 A.M.
Youth Hour	6:00 P.M.
Choir Practice	6:45 P.M.
Evening Worship	7:30 P.M.
VISITATION	
Monday	7:00 P.M.
Prayer Meeting Wednesday	7:30 P.M.

Baptismal Service this Sunday evening at 7:30 P. M.

Bible Baptist Church
APPOMATTOX, VIRGINIA



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TEACHER
LYNCHBURG
WJJS (FM)
101.7 – 8:00 A.M.
ROANOKE WSLS
610 – 8:30 A.M.
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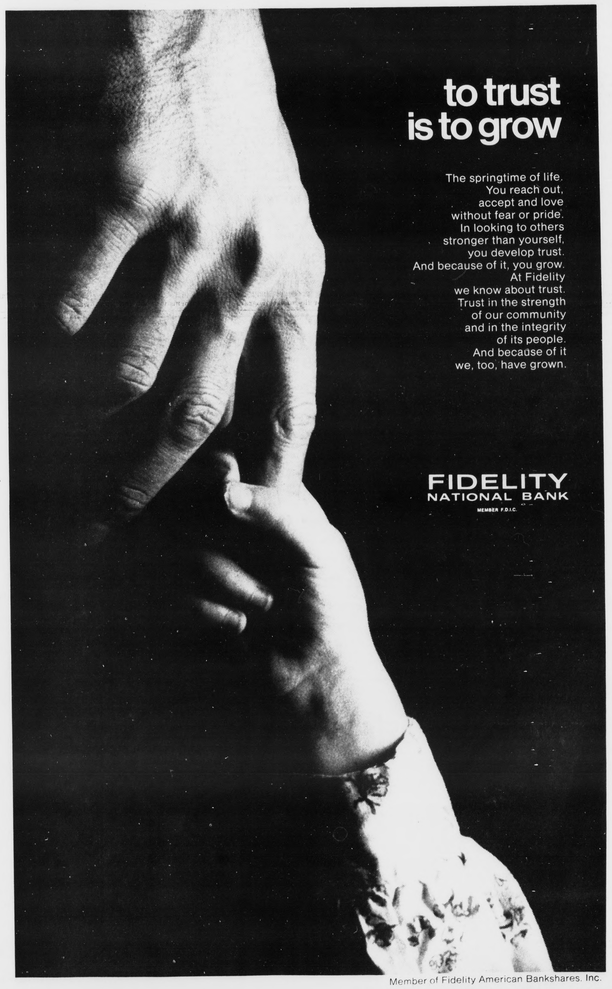

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